

## MAKE YOUR OWN SPORTS DRINK

*1/4 cup (60ml) maple syrup*

For adding electrolytes like potassium (lost in sweat) and sugar (to build glycogen stores)

*1/4 tsp. (1ml) table salt*

For adding sodium (lost in sweat)

*4 cups (1L) water*

For adding water (lost in sweat and heavy breathing)

**Mix all ingredients together, and hydrate as recommended by your RDN\*!**



## SHOULD I LIMIT ANY TYPES OF FLUIDS?

Large amounts of **caffeinated** and **alcoholic beverages** should be limited, including:

- Coffee & caffeinated tea
- Energy drinks
- Beer, wine & spirits

*These fluids can make us lose lots of water (especially as urine)!*



## REFERENCES

- American College of Sports Medicine. (2018). *ACSM Announces New Recommendations and Warnings Regarding Safety of Energy Drinks*. <https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2018/05/15/energydrinks>
- Convertino, V., Armstrong, L., Coyle, E., Mack, G., Sawka, M., Senay, L. & Sherman, W. (1996). ACSM Position Stand: Exercise and Fluid Replacement. *Medicine & Science in Sports & Exercise*, 28(10), i-ix. <https://doi.org/10.1097/00005768-199610000-00045>.
- Dietitians of Canada. PEN Handout/All About Sports Drinks. Practice-based Evidence in Nutrition® [PEN] Knowledge Pathway Population Health/Lifecycle. 2018, January 23 [2021, April 18]. Available from: <http://www.pennutrition.com>.
- Dorfman, L. (2017). Nutrition in Exercise and Sports Performance. In L. K. Mahan & J. L. Raymond (Eds.), *Krause's food & the nutrition care process* (14th ed.). Elsevier.
- Medline Plus. (2021). *Fluid and Electrolyte Balance*. US National Library of Medicine. <https://medlineplus.gov/fluidandelectrolytebalance.html>
- Semeco, A. (2016). *Post-Workout Nutrition: What to Eat After a Workout*. <https://www.healthline.com/nutrition/eat-after-workout>

*All photos are royalty-free and free for commercial use*



Centre PERFORM Centre

## Nutrition for PERFORMance

*Fluids & hydration*

**Prepared by: Justine Chriqui, BAsC**  
McGill Dietetics Graduate Student

*\*Consult a registered dietitian-nutritionist (RDN) to determine your recommended needs*

## WHAT HAPPENS WHEN I EXERCISE?

- Body burns **glycogen stores** and **muscles** for fuel
- Lose **water** and **electro-lytes** in sweat

*Let's focus on water and electrolytes!*

## WHAT DO WATER & ELECTROLYTES DO?

Water and electrolytes work together to:

- **Balance** body water
- **Dissolve** and **transport** nutrients and oxygen
- **Remove waste** from cells
- **Maintain functioning** of the heart, nerves, muscles, brain and other organs

*...and much more!*



## WHAT HAPPENS IF I DON'T HAVE ENOUGH?

During exercise, we can become **dehydrated** and develop an **imbalance of electrolytes**.

As a result, we may experience:

- Early fatigue
- Gastrointestinal upset
- Heat exhaustion

*With worse symptoms possible*

To avoid these symptoms,

- Hydrate with **electrolyte-rich beverages** (sports drinks, milk, juice, soup, etc.)
- **Do not** restrict fluids before, during or after training
- **Weigh yourself** before & after training, drinking **500mL fluid for each 1lb (2.2kg) lost**



## WHEN & HOW SHOULD I HYDRATE?

### General guidelines

**If duration of exercise is:**

**<1h:** water

**>1h:** fluid with electrolyte & simple carb (ex. sports drink)

### *Before training/event*

**<1h before:** 500ml water or sports drink

**2-3h before:** smoothie, **or** water with fruit as snack

**>3h before:** milk or soy beverage with a meal

### *During training/event*

**Depending on duration:** 1L water or sports drink

### *After training/event*

Milk or soy beverage (plain or flavoured), **or** water with meal, **or** soup with meal

These suggestions will **replenish body stores** and aid in **recovery**

*Want to save some \$ on sports drinks? Make your own with the recipe on this pamphlet!*